



Last updated on 12/14/16

Fitness Classes for Adults

Dates, times and prices subject to change

All classes are held at
Anamax Recreation Center
17501 S Camino De Las Quintas

Hatha Yoga

Monday, 8:30-9:30 a.m.
Instructor: Callie Norbury, RYT

Monday, 4:35-5:30 p.m.
This is a beginning level class
Instructor: Callie Norbury, RYT

Monday, 5:30-6:30 p.m.
Instructor: Callie Norbury, RYT

Thursday, 5:15-6:30 p.m.
Instructor: Debbie Stenson

Tuesday, Thursday, 8:30-9:30 a.m.
Instructor: Debbie Stenson

Wednesday, Friday, 8:30-9:30 a.m.
Instructor: Diana Makes, RYT

Drop in class
\$8 per class or \$65 for 10 classes

Senior Cardio Boxing

Tuesday, Thursday 12:45-1:15 p.m.
Instructor: Cecilia Estrada
Drop in class
Cost: \$5 per class

Chair Yoga/Strengthening

Monday, Wednesday, 2-3 p.m.
Instructor: Wuanita Powers
Drop in class
Cost: Accepts Silversneakers®
Mercy Care Advantage®
or \$4 per class

Strength/Balance Silversneakers®

Tuesday, Thursday, 1:30-2:30 p.m.
Instructor: Wuanita Powers
Drop in class
Cost: Accepts Silversneakers® or \$4 per class

FiTBody

Tuesday, Thursday 7-8 a.m.
Saturday 8-9 a.m.
Instructor: Sue Jones
Drop in class
Cost: \$5 per class

Pilates

Tuesday/Thursday 9:45-10:45 a.m.
Instructor: Sue Jones
Drop in class
Cost: \$5 per class

Zumba®

Tuesday 4:45-5:45 p.m. (Dec)
Wednesday 7:15-8:15 p.m.
Thursday, 7-8 p.m.
Instructor: Michelle Cadena
Drop in class
Cost: \$3 per class, first class free

Pound®

Tuesday 6-6:45 p.m.
Instructor: Shawna Garcia
Drop in class
Cost: \$5 per class



www.sahuaritaaz.gov/parksandrec
Call 520.445.7850 for more information